

Inside

Barnyard Bob goes from the Green to the Bowling Lane, as Bowling League dukes it out to the end pg. 3

The Snowbirds are back pg. 4

Turkey Bowl pg. 5

Dr. Flowers explains how to manage Holiday Season Stress pg. 8

Put your seatbelt on, or else? pg. 10

These stories and more plus:



NAF's Children are acting-up again pg. 9



Meet NAF's Athlete of the Month pg. 5

Sailors help people with special needs attend local rodeo pg. 6 & 7



Sailors from NAF El Centro have been volunteering to assist people with special needs attend the special Mini Cattle Call Rodeo for the past 12 years. Approximately 400 Children and adults attend every year.

NAF El Centro Reaches out to Wildfire victims

By JO2 Carmichael Yopez
Editor

On Sunday October 26, NAF El Centro residents first saw on their televisions the blazing fires that were sweeping through Southern California. The following day, base residents awoke to find their vehicles covered with soot and ash. By noon, the huge smoke cloud seen in the mountains was covering the Imperial Valley sky.

Although the fires were more than 50 miles away and were not a threat to the Imperial Valley we soon found ourselves responding to the call for help.



The first to take part in the dramatic event was the NAF El Centro Fire Department. They sent four fire fighters as part of a strike team from the Imperial

Valley to battle fires in Paradise Valley, east of Escondido in San Diego. The team left on Sunday, October 26.

Continued on pg 2



NAF El Centro reaches out to San Diego Wildfire Victims

Continued from pg 1

and spent six days providing structural protection to houses and buildings in the area.

"I can remember one situation when we were called from mopping up hot spots in an area where the fire had already passed. We were to go to another location where some houses and horses were under immediate danger," said Captain Larry Dietzman. "The flame lengths rose 25 to 30 feet in the air. It took us a couple of hours but we were able to keep the fire away."

On Monday, a call came into the base with a requesting shelter for 60 students and staff members who had been evacuated from their premises. The students were from the Phoenix House Drug Rehabilitation Group, a non-profit organization devoted to the rehabilitation of teenagers and adults who have been in trouble with the law for drug use. Within hours, arrangements were made and NAF El Centro was able to provide shelter, food and various commodities for their temporary stay.

"It was a bit hectic at first," said LT David Rodriguez, Public Affairs Officer for the base. "We were unsure of how long they would stay, and if they had any special needs.

Initially, we converted the Base

Gymnasium into a temporary shelter until everything calmed down. Eventually, it was determined it would take a week to make accommodations at other Phoenix Houses in the Southern California area, so we put them up in the barracks during their stay here."

By Monday evening, NAF El Centro's Housing Director Clara Parrish, received a call requesting quarters for a family whose house had been burned to the ground. Within minutes of receiving this information, Commanding Officer, CAPT Paul Ziegler gave the authorization to provide whatever support was needed to accommodate victims who were being evacuated.

"Let's try to make them as comfortable as possible and provide them with the resources available," said Ziegler.

By the end of the week, NAF El Centro was providing shelter for 39 families who had been evacuated from their homes.

"We had to do a little shifting around," said Parrish. "But we were able to accommodate them in transient rooms and family type transient quarters."

The Navy Exchange (NEX) and base Commissary also tapped into their resources together and were able to gather donations from suppliers and businesses out in town.



Photo by: JO2 Carmichael Yopez

From left to right: Captain Raul Valenzuela, Captain Larry Deitchman, fire fighters Robert Heine and Julio Martin formed part of the Imperial Valley Strike team sent to assist with the fires in San Diego. Not pictured, is fire fighter Gerard Esquer. Valenzuela above, replaced Deitchman after Deitchman had to leave to save his own house which was under threat of being burned.

"Everybody was more than willing to help," said NEX Manager Mike Jackson, who was able to gather close to \$1000.00 in gift certificates, which were used to provide toiletries and other items for the families.

On November 20, during monthly quarters, the Commanding Officer praised the efforts of all those who helped out. "We had 170 people looking for a place to stay," said Ziegler.

"And thanks to all the people who pulled together we were able to help these people out. I have received numerous thank you letters from the people, who stayed here for a day or more thanking us for our hospitality."

As of November 3rd, more than 20 people lost their lives, more than 14,000 fire fighters were involved and more than 27,000 people were displaced from their homes.

The Sandpaper is an authorized publication for members of the military services and their families. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense (DoD), or the U.S. Navy and do not imply endorsement thereof.

CAPT Paul M. Ziegler
CO
CDR Peter Hayes
XO
CMDCM Vince Seay
CMC

Editorial
Public Affairs Officer
LT David Rodriguez
Sandpaper Publisher/Editor
JO2 Carmichael Yopez

Contributing Writers

SK1 Robert Smeltzer
NC1 Pamela Jensen
Dr. Lynn Flowers
Tony Hunt
Jack Lewis



Printing/Distribution
JO2 Carmichael Yopez



He runs an average of 20 miles a week. He runs during his lunch time and usually without a shirt. Who is he?



Bowlers duke it out to the end

Supply Team earns bragging rights as Captain's Cup Bowling League Champs

By SK1 Robert Smeltzer
Supply Department

Labor Day rolled around and the weather began to cool. You could feel the chill of autumn in the air as the temperature dropped from the 110's to the 100's. I knew it was time to get off of the Golf Course and find an indoor activity.

The Captain's Cup Bowling League could not have come at a better time. I was told that Supply has not had a team in the Captain's Cup competition for at least three years. So my fellow shipmates and I put together a team, the 'Supply Team' and headed out to a new adventure.

Thanks to Andre Turner and the MWR Bowling staff, the League was formed and began bowling on Monday and Thursday nights. In the first week of the season, we faced some stiff competition against the KHAKI #1 Team. It was a hard-fought match with the KHAKI's coming out on top.

Week after week, the group from Supply worked to become a better team. After week five, we stood at 2 wins and 3 losses. I told the team that we needed to win two weeks in

a row or we would finish below 50 percent for the season. The following week, AM1 Robert Mersino, said. "After the fifth frame you separate the haves from the have nots." That night began a streak of four straight wins.

The top four teams went into the tournament. The match-ups were KHAKI #2 vs. CONS (MWR) and KHAKI #1 vs. Supply. I have learned that it is hard to beat the same team twice in one season. Usually the second time around the teams play for blood.

The tournament began with CONS deflating, excuse me, defeating KHAKI #2 and Supply avenging their earlier setback to KHAKI #1. That set the stage for a match-up between CONS and Supply. With a name like CONS, you can imagine that there was a lot of talk going back and forth during the week. The talk continued throughout the first game of the match. In bowling, the teams play a best of three game series. The first game was tight going into the tenth frame.

With three bowlers left to bowl, Mersino threw a strike to seal the victory for Supply. That strike quieted the talk and game two began with a more serious tone. The Supply Team, also known as the 'Three Robert's with



Photo by: JO2 Carmichael Yopez

Back row left to right: AM1 (AW) Robert Mersino, ABF2 (AW) Robert Chiaravallotti, front row, Jeanette and SK1 (SW) Robert Smeltzer and Dionne Boice. This was the first time the Supply Department entered into the Captain's Cup Bowling Tournament.

Dionne and Jeanette,' never let the CONS out of jail. Dionne finished with her high game of the season to raise the victory flag for a sixth straight week. This time victory meant that SUPPLY was crowned the League Champions.

The friendly competition and family atmosphere was different than what I have experienced in the past. Thank you to the MWR staff for keeping the lanes working throughout the season. A special salute goes out to all of the shipmates, families and friends for your competition and support.

SUPPLY	First Place
CONS(MWR)	Second Place
KHAKI	Third Place

Holiday Safety Awareness

By Tony Hunt
Housing Department

As we get into the winter months, with the holidays just around the corner, the Housing Office wants to stress the need for safety awareness.

The potential for home fires and accidents are higher during this time of year than any other. Do you, as responsible parents,

posted by all your phones? Have you taught your children the numbers and trained them about what to do in case of an emergency? If you have someone babysitting your children, do they know the emergency numbers, what to do and how to reach you? This is extremely important information for you, your children and babysitter all the time.

Here are a few reminders to help.

1. Holiday lighting is authorized from December 13 to January 3 from dusk to 10 p.m..
2. Lights and decorations must be attached to quarters without causing damage. Gutter clips are the preferred means of hanging lighting.

3. Check your smoke alarms regularly.
4. Watch electrical cords on all your lamps and appliances and make sure they are not frayed or have loose connections.
5. Holiday lighting nor appliances should not be left on when no one is home.
6. Keep your doors and windows locked when you're away from home.
7. Keep propane valves turned off tight on your barbecue equipment.
8. Don't overload electrical sockets.
9. Don't use chairs or tables to stand on when reaching over your head.

Remember you or a family member can never be replaced.

Please be careful and discuss these tips with everyone in your household. Happy Holidays.



Holiday Decoration Contest

The Holiday Decorating contest will be held on December 17. The categories will be as follows.

Family Housing: 1st, 2nd, and 3rd place.

Permanent Party Barracks: 1st place and runner up

RV Park: One winner

Best of luck to those participating.



Snowbird RV Detachment returns to NAF

By JO2 Carmichael Yepez
Editor

We all know the number one reason aviation squadrons come to NAF El Centro from all over the U.S. is the weather. This is also why, starting in October, another detachment of very familiar residents started coming in.

Although this detachment did not fly in at the east end of the runway, they have slowly been checking in at the RV-Park. At the beginning of October, the count at the RV-park was an estimated 20 occupied spaces. According to Joe Conner, RV-Park Manager, by the end of the month the number of occupied spaces had tripled.

"We are happy to have them back," said Conner. "Some of them have been coming here for a long time. They are very nice people and are always willing to help out and lend support to the base."

The Snowbirds come from many locations. Some come from as far away as Washington, Oregon and Colorado. Some of them are full time, others are



A group of RVers stand on the recently christened Russel P. Troll bridge. Below: The bridge was named after Russel P. Troll one of NAF's full time residents.

Photos by: JO2 Carmichael Yepez

seasonal RVers, but they all follow the good weather.

"We are back," said Fred Gleason, a retired Army LT Col., who comes from Sequim, Washington.

This is the second year the Gleason's have come to El Centro.

"We love the area," said Gleason. "We've been to other places where the attitude is like, oh, here they come again, but here



everyone asks us what can we do for you."

A new surprise to the RVers was the recent renovations made to the

RV-Park. When they arrived, they found the roads repaved and all the spaces resurfaced.

"We are very happy with all the upgrades," said Russell Troll, one of the few full time residents at the park. "MWR has done some great things for us. They even placed some bridges to cross the rock bed that runs down the center of the park."

On Sunday November 16, many of the park residents gathered for a christening ceremony of the "Russell P. Troll" Bridge. "We have a lot time on our hands," said Troll. "So we decorated the bridge and held a reception ceremony as a welcome back to everyone."

"We enjoy the camaraderie of the people here. We love the home town feel of the base. We don't even need vehicles here, because everything is so close, plus we have access to all the facilities," said Gleason. "The people here really look out for us. The base Commanding Officer needs to be thanked for all the support he gives us."

I didn't get selected, now what?

By NC1 Pamela Jensen
Command Career Counselor



Advancement exams are over; I didn't get selected ... now what?

"If you're in a rating where advancement is limited, you may want to consider changing rates to one which is currently undermanned. By looking at the most recent Career reenlistment objectives and Rating Entry for General Apprentices (CREO/REGA) message you can get an idea of what manning levels are for other rates. You want to consider primarily CREO 1 (undermanned) rates, though depending on the manning levels at your current rates you may be able to consider some CREO 2 (adequately manned) rates.

The bibliographies for the March 2004 exam

are on the CNET website and you should be studying those references. Bibliographies are exam-specific and are generally available about four months before the exam. Focus on both the military and professional references. Your pay grade determines the proportion of military and professional questions you will have on your exam. E4 candidates will see 150 professional questions and the number decreases with the member's seniority to just 100 for E7 candidates.

Another source of information is the command Professional Development Board (PDB). The Sailor's chain of command has a chance to review that individual's personal circumstances and provide them with input that's designed to help them reach their full potential as Sailors. The PDB will cover a variety of topics - not just advancement. Other topics frequently included are career options, personal goals and education.

If a Sailor needs more information, there's plenty.

All kinds of study resources, career guides and career tools are all around. Just take a look in your own space, more than likely you will see a computer, a chief or maybe a recent bibliography of your rate or a copy of LINK/Perspective or All Hands magazine ... all excellent sources of information.

The Navy's Perform to Serve (PTS) program can lead to improved advancement opportunities. It is a centralized reservation system encouraging qualified reenlisting Sailors to convert from crowded ratings to critically undermanned ratings offering better promotion opportunities.

"The Navy is doing something new and different, and that can sometimes be challenging," Chief of Naval Personnel, Admiral Hoewing said. "This is a culture change. It's now a part of our culture to help Sailors succeed and build careers... not just fill assignments."



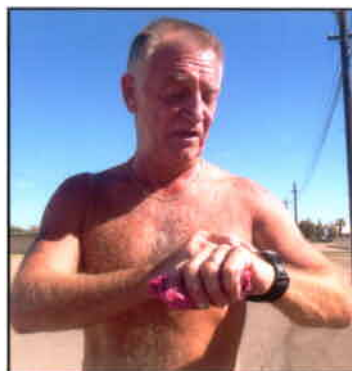
NAF El Centro's Athlete of the Month



Photos by: JO2 Carmichael Yepez



Dale Hunt says that one of the most important things about running is to have the right type of running shoes. "You should change your running shoes every six month," he said.



"It feels great", Dale says everytime he finishes a run.

By JO2 Carmichael Yepez
Editor

In this edition of the Sandpaper, we would like to start off with a new segment for our readers to enjoy. This segment will promote physical fitness, highlight some of our motivated athletes and encourage others to do the same.

Our first Athlete of the Month is Dale Hunt, a retired Navy Chief Signalman, who retired from NAF El Centro in 1982 after spending 21 years in the Navy.

Twenty-one years later, at age 60; he is still in top shape running up to 20 miles a week.

"I started running because of my health," he said. "When the doctor put me on medication for high blood pressure, I decided to do something about it. When I first started running I couldn't even make it around the track once

without having to stop and try to catch my breath. Also, I took a look in the mirror and did not like what I saw, a very short fat person. I was 198 lbs., so I made a choice to take control. Within six months I saw a great improvement and was soon off the medication. Now, I run three and a half to four and a half miles a day, Monday through Friday. I've lost 45 lbs., and have kept it off ever since. My promise is to never get up over 160 ever again."

Hunt says he prefers to run during lunchtime. This way he doesn't take time away from his wife while at home. He runs no matter what the temperature is.

"My hardest run's are on days when the temperature is above 115. I love to run when the black flag is up, because I know its really going to tax my body."

Besides running, Hunt also plays racquetball, lifts free weights and when time permits, he loves to golf with his son. He has participated in five marathons, two half marathons, dozens of 10k's in the Imperial Valley and San Diego and one triathlon in Yuma.

One of his most memorable runs was in 1981, when a run was held for the Combined Federal Campaign. The run started in Yuma and ended at the Flag Circle on base.

"It was in June and the temperature was 105," Hunt said. Many people ran different segments of the race, but only Hunt and one other person, a First Class Petty Officer ran all the way to the base. "We left Yuma at 3:30 p.m. and arrived at the Flag Circle at 2:00 p.m. the following day.

Hunt says that thanks to

running he is in great shape and good health and plans to stay this way for the rest of his life.

"I have been happily married to the same beautiful women for 40 years and I want to stay fit for her. I like the way she looks at me when I am in shape," said Hunt. "I also have seven grandchildren, so I also need to be in shape for them."

Hunt currently works at the Public Works Department as the Lead Quality Assurance evaluator.

If you know of an athlete who has what it takes to be the Sandpaper Athlete's of the Month send an email to carmichael.yepez@navy.mil with their name and a brief description.



Photo by: JO2 Carmichael Yepez

Members of the of the Sunbeam Bowling League participated in the Turkey Bowl.

Turkey Bowl

Three strikes gets you a free turkey

By Jack Lewis

MWR Director

On Saturday, November 22, the bowling center hosted their first annual Thanksgiving Turkey Bowl. Unlike the conventional three strikes in a row to win a turkey at other bowling centers, participants were challenged to roll a single ball on each of the eight lanes. Any three strikes, out of the eight balls rolled, won turkeys.

"It wasn't as easy as it sounds," stated Joe Conner from MWR Gear Issue. More than fifty people attempted and seven won. Bowling Manager, Amadou "Butch" Mbodj, stated many participants could not wait until next year to do it again. "I would like to extend a special thanks to Katherine Crock, Director of the Commissary, for her support with this event," Butch said.



Sailors help people with special needs

Volunteers

LT Emuel Miranda
LT Michael O'Beirne
CMDM (SS) Vince Seay
ITC (SW) Jon McPherson
NC1 (AW) Pamela Jensen
NC1 Colleen Seawell
MM1 (SW) Darlene Degonzague
HM1 Damiana Ligaralde
BU1 (SCW) Elton Oliphant
SK1 (SW) Robert Smeltzer
JO2 Carmichael Yopez
AC2 Joshua Royek
AO2 Todd Wimberly
ET2 (SW) John Abel
AO3 Tiant Foreman
AO3 Jason Adams
ATAN William Sherwood
AMAN Shawn Nette
AMAN Benjamin Hamilton
HR Candice Anderson
Lilia Rubalcava
Jeannette Smeltzer





attend local rodeo



BY

KID C. (Imperial Valley College)



Galloping horses, wild calves and fast riding cowboys were part of this year's Special Mini Cattle Call Rodeo that entertained the elderly, disabled and people with special needs at the Brawley Rodeo grounds on Wednesday, November 5.

This was the rodeo's 47th year and the 15th year since the Cattle Call Rodeo Committee has organized the Mini Rodeo for people with special needs.

Thanks to volunteers and different sponsors, every year approximately 400 people from the Imperial Valley are bussed to this event.

According to Cattle Call Rodeo Committee Chairman and Organizer, Joanie Moore, when the event first started, it was only for a small group of children. Within a few years it evolved to include small children to senior citizens.

The entire event is run with the help of volunteers, from the participants in the rodeo, to the people and organizations who provide donations or services.

"The Navy is a huge help to us. They have been helping out for the past 12 years," said Moore. "As the event continued to grow, we began having a lot of people in wheelchairs. Someone who had ties to the Navy, I believe someone from the Navy League, suggested we get the Navy involved to help get the wheelchairs up in place; they have been involved ever since."

"I think that setting aside a special day to have this event is great," said SK1 Robert Smeltzer, a volunteer from the Supply department. I attended the rodeo the following weekend and realized that without setting aside a day like this, it would be impossible for these people to attend."

"It is overwhelmingly by far one of the best field trips these people have and one of the most popular they attend," said Moore.

"It was great that we could help out these people and help out the community," said AO3 Tiant Foreman, a volunteer from the Weapons Department. "This was my first time to a rodeo, so not only did I feel good helping out, but it was also learning experience."

One of the events that got the crowd really going was the goat ribbon race, where some of the children from the special schools got to participate. A ribbon was tied to the tail of a goat and the children had to race to the goat, take the ribbon off and race back. It had the children laughing and cheering for their favorite teammate. "Go, go go," they cheered, as they threw their hands in the air.

For the Sailors at NAF, the event concluded with an invitation to the Stockman's Club for a Tri-Tip steak lunch.

"It was goooood," said Smeltzer, as he fell into a blind stare trying to remember the meal. "I can only say, sign me up for next year."





Managing stress during the Holiday Season

By Dr. Lynn Flowers

Family Advocacy Representative

My favorite time of the year as a child was the holiday season. I remember playing in the snow with my brother and my friends, as Mom and Dad busily prepared and mailed Christmas cards to friends and relatives. My main responsibility during the holiday season was to provide a list of things that I wanted Santa to bring me. Mom and Dad often took me shopping as they searched for gifts. My brother and I would race each other to where toys were sold in department stores because we didn't want to be bothered by the tedious process of shopping with our parents. For me, the most stressful part of the Christmas shopping season was meeting with Santa. We had to wait in long lines to meet this mysterious, powerful and famous old man. But, seeing Santa was worth the hassle because I was able to validate my Christmas wish list. Also, Santa usually gave me a candy cane or a little gift to tide me over until the arrival of December 25th. When Christmas arrived, we enjoyed a day of playing with new toys and eating wonderful food.

I was puzzled when I heard adults talking about the stress of the holiday season and even wanting to get it over with. I wondered what sane person could possibly experience stress in such a carefree time of the year. As I



Photo by: JO2 Carmichael Yopez

matured, I came to the obvious conclusion: Santa experiences a lot of stress during the holiday season! In spite of his successful public relations campaign as a cheerful, giving person (who is apparently completely oblivious to being over fat), Santa often has a lot of stress during the holiday season. As we take on more and more of the "Santa" responsibilities, we need to take care of ourselves so that stress does not spoil the holiday season. **What Can We Do To Manage Holiday Stress?**

1. **Be realistic.** If you feel the need to create a perfect, "Norman Rockwell" type of Christmas, you're in already in trouble! Establish your priorities with what you have and with where you are. Then, do what you can with what you have. I know of one family

that ships in a load of snow to their home in Yuma on Christmas Eve so that they can "have the Spirit of Christmas." If the snow makes them happy, I don't want to discourage their tradition. But, frankly, I would rather buy some videos or CD's to enjoy, rather than to throw a few snowballs and watch Frosty melt away in a couple of hours.

2. **Be sensitive to family issues.** Remember that you can't be everywhere for the holidays. If you cannot be with loved ones, have some contact with them by telephone, E-mail, or snail mail. Let them know that you are thinking of them. If a loved one is deceased, remember the good times with them in years past—but also take time to enjoy those who are still here. Involve family members and relatives in holiday preparations

and cleanup. Preparing and purchasing food, preparing and mailing cards, choosing gifts, and cleaning the house are tasks that most family members can help with. Children (and spouses) can tell you whether or not they really care about having certain kinds of cookies, treats, and decorations.

3. **Manage your money.** Resist the media-driven idea that a "good Christmas" is an expensive Christmas. Gifts for people on your list do not have to be expensive to be "good." For example, making gifts with your own hands can be very meaningful and not very expensive.

4. **Watch your intake of food and alcohol.** Enjoying the holiday certainly is enhanced by special foods and drinks. But "making merry" does not mean that you need to binge on decadent foods and drinks. Managing what we eat and drink during the holiday season can help us to greet the New Year in better shape. Also, running and other physical conditioning activities can help us to burn off calories and to manage holiday stress.

5. **Finally, as you plan your activities, remember that the holiday season is a time for enjoyment and celebration, rather than for busy schedules and inadequate time for rest.**

Contact the Fleet and Family Support Office at 339-2241 for additional information.

Base Chapel is looking for Angels

By NC1 Pamela Jensen
Command Career Counselor

Angels, angels everywhere. . . Have you seen them?

The Base Chapel is sponsoring three Angel Trees this year to provide local children the joy and excitement every child deserves. Each tree will have tags with a



child's first name, age and a desired gift. To participate, just select a tag off one of the trees, buy an item and return both the tag and the item (unwrapped) to either to RP2 (SW) Leslie Williams at the Community Center

or NC1 (AW) Pamela Jensen at the Command Career Counselor's office by 20 Dec 03.

The Angel Trees will go up on 1 December 2003 at the Commissary, the Chapel Fellowship Hall and Strike Fighter's "Snake-pit". This year's Angel Trees will benefit The New Creation Shelter and The Center for Family Solutions.

For more information, please contact either RP2 Williams, at 339-2461, or NC1 Jensen, 339-2329.



Photos By:
LCDR Nelson Wells
JO2 Carmichael Yopez



Acting on stage was nothing new to many of the performers from The NAF El Centro Children's Theater, who performed for the second time on Friday October 14. The plays were directed by Wendy Douglas

NAF Children act up again

By SK1 Robert Smeltzer
Supply Department

Summer break is over and the children at NAF are back to school. That has not kept Wendy Douglas from directing our budding stars in the second set of NAF Children's Theater plays. Directing 20 young people, ranging in age from five to twelve, can be a challenge. Wendy weathered the storm well, though she admitted that at Dress Rehearsal she was somewhat stressed. It seems that the children had a difficult time remembering their lines with 24 hours remaining until the performance.

On Friday, October 14 the night was cool but the excitement at the Base Theater was sizzling. MWR Director, Jack Lewis greeted everyone at the door with a smile, a handshake and a program of the evening's

activities. Several distinguished guests, including the Commanding Officer, the Chaplain, a local piano instructor and all of the parents, were on hand for the opening. The two plays this evening would be, "The Spoiled Baloney Man" and "The Star."

"The Spoiled Baloney Man" was created when a wife placed a snack in the microwave and went back to watch television. Three days later, the snack came to life and the stench threatened to overtake the neighborhood. Finally, a little dog ate the Baloney Man. BURP! "Burps are like dessert!" The community was saved.

"The Star" was a serious play set in Ancient Greece. The plot was that there was a plague in the land and a lamb (Snowy) needed to be sacrificed for the plague to be lifted. The play involved

serious dialog involving Snowy and her evil counterpart Jud. Jud turned Snowy in (to be sacrificed) but in the end felt remorse and went to join her. As a side to the story, a Mouse and a Rabbit kept things on the light side and this allowed for a full spectrum of emotions to be felt by the audience.

Wendy Douglas commented that she was relieved that the young people performed beyond expectations. The stars seemed to memorize each other's parts and worked together when someone slipped.

The evening concluded with cookies and punch provided by MWR.

Watch for information on another set of plays. All NAFEC children are invited to participate. "Till next time," Barnyard Bob (working on cultural development).



Seat Belt Crackdown to target at risk drivers

Click it or Ticket

By: NAF El Centro
Security Department

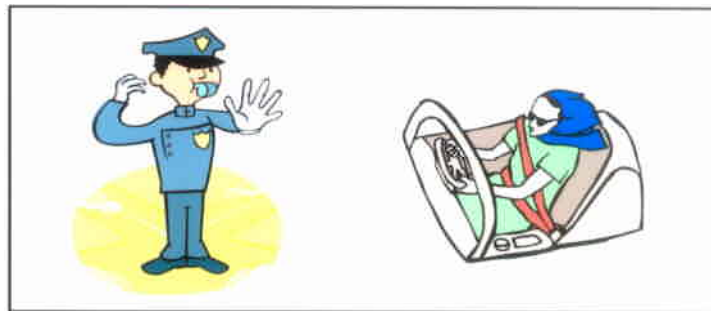
As the national safety belt use rate jumped to 79 percent, it is clear that more and more Americans are aware of the dangers of driving without a safety belt. Unfortunately, young adults are many of the 59 million Americans still tempting fate and driving unbuckled. So, how do we get young adults to buckle up when they think tragedy won't happen to them?

It's simple, surround them with the strong message, "Click It or Ticket; If you won't buckle up to save your life, then buckle up to save yourself a ticket," NAF El Centro Security Department has kept a vigilant eye out on the base for all personnel not wearing seat belts.

This Thanksgiving holiday more than 13,000 law enforcement agencies and military bases in all 50 states launched the national *Click It or Ticket Mobilization*, a nationwide law enforcement effort to protect young people and others from the leading risk they face – traffic crashes. The two-week enforcement wave, which ran from November 17 - 30, is based on a proven public health model to increase belt use called "high visibility enforcement."

All too often we are called upon to pull fatally injured young people from cars – and we'd rather write a thousand tickets than face one more of these tragedies. Traffic crashes are the leading cause of death among young people. Half of those killed would be alive today if they had simply put on their seat belt.

The high visibility



enforcement model of *Click It or Ticket* is based on years of research showing that for most people who don't wear seat belts – especially young people – the possibility of receiving a ticket is a more credible incentive than the threat of injury or death. Safety messages don't work. Enforcement messages, backed up by strong enforcement activities, do.

We are committed to supporting *Click It or Ticket* because we are losing too many

servicemen and servicewomen in traffic crashes. In the fiscal year 2002, 321 military personnel across all services lost their lives in traffic crashes. Unfortunately, military personnel by virtue of age and gender typically epitomize the low belt user: males ages 18-34.

We are doing everything we can to get the word out to those who face the greatest risk – young adults. By buckling up their seat belts, young people could save more than just money from hefty fines, they could save their lives.

Fewer Sailors choosing early out plan

Balancing out the CSB/Redux Plan



WASHINGTON (NNS)—Fewer Sailors and officers approaching their 15th year of service this year are choosing the REDUX retirement plan and Career Status Bonus (CSB) than last year, according to recent data. Nearly 45 percent of eligible enlisted Sailors and 11.3 percent of eligible officers opted for CSB/REDUX in fiscal year (FY) 2003, a decrease of 3.8 percent and .9 percent, respectively, from FY 2002.

The High-3 Year Average retirement plan is available to service members who began service after Sept. 8, 1980. Under this plan, service members receive a percentage of the average amount of their highest 36 months of basic pay, beginning at 50 percent of basic pay for 20 years of service. CSB/REDUX applies to those who entered service on or after Aug. 1, 1986, and who elect to receive the \$30,000 CSB at their 15th year of service. REDUX reduces the 20-year retirement benefit from 50 percent of basic pay to 40 percent.

Under the High-3 retirement program, pay increases annually through a cost-of-living

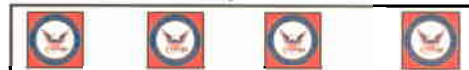
allowance (COLA) equal to the consumer price index. Under REDUX, the annual COLA is equal to the index less 1 percentage point. So the gap between the two retirements widens an additional 1-percentage point every year, compounded.

REDUX has a catch-up increase at age 62 that brings the retired pay back to the same amount paid under the High-3 Year Average System, but the COLA reduction continues thereafter.

According to a study published by the Center for Naval Analyses, the bonus is essentially a loan to be paid back later by smaller retirement checks. "This so-called loan, given at 15 years of service, is paid back over the entire service member's retired lifetime."

Those Sailors who entered service on or after Aug. 1, 1986, must choose either High-3 Year Average or the CSB/REDUX system at their 15th year of service. This choice is irrevocable.

"The CSB option may meet the short-term needs of some," said Chief of Naval Personnel Vice Adm. Gerry Hoewing, "but many will find that taking it yields significantly lower monthly retirement income."



For example, an E-6 who retires at age 40 with 20 years of service would receive \$11,639 (after taxes) per year in retirement pay. However, if that same E-6 opted for CSB/REDUX at 15 years of service, he would receive \$9,311 per year in retirement pay.

By age 61, the E-6 who kept full retirement would be receiving \$23,158 per year in today's dollars. The bonus-taker would receive \$15,638 per year at age 61. By age 80, the difference in cumulative retirement pay could be as much as \$160,000.

The most important thing, noted Hoewing, is to make an informed decision.

"Spend some time with your command financial specialist or the experts at the Fleet and Family Support Centers, and read everything you can on the program before you decide," he said. "It's a decision that will affect you and your family for the rest of your life."

For more information about CSB/REDUX and other retirement plans, visit www.staynavy.navy.mil. This is where to find the retirement calculator used in the example in this story; use it to determine the actual amount in monthly-retired pay you will earn under both systems.



Photos by: JO2 Carmichael Yopez



Attention to Quarters

Quarters was held Thursday November 20 at the Base Theater. Commanding Officer, CAPT Paul Ziegler presented the following awards. From left to right MA3 (SW) Gloria Jemison, AT3 Aaron Haglund and Patrolman Jimmy Webb, received a LOC. AO2 Michael Finney received a NAM. HM2 Chad Roberts was selected as NAF's Sailor of the Quarter, Third Quarter, and AOAA Elias Gomez was NAF's Junior Sailor of the Month.

New Promotions



Congratulations to NAF's newly promoted Sailors. From left to right. STG1 Ivan Snyder, MA2 Gregory Spalding, MA3 Michael Jensen, MA2 Jennifer Carlson, MA3 Amber Colosky, IS2 (SW) Samuel Abernathy and FT1 (SS) Mathew Poulson.

New Sailors



Congratulations to our new Sailors and their families. From left to right. ACAN Tiffany Warren, (Operations) MA2 (SW) Jose Elias (Security), YN3 Jennifer Brockman (Strike), AO3 Charles Malone (Weapons) and FC2 (SW) Ashley Laster (Security).



Congratulations to AG1 Gerald Maxwell on his reenlistment on Tuesday, November 4th at Blue Angel Park. Above, AGC (SW) Marc Adams was the reenlisting Officer.



Reenlistments at Blue Angel Park



Congratulations to MA2 Gregory Spalding on his reenlistment on Monday, November 10th at Blue Angel Park. Above, Spalding next to LT Michael Conn display his reenlistment check.



Sun	Mon	Tue	Wed	Thur	Fri	Sat
Book your party at the Pool! Call 339-2627 	Capt Cup Soccer every Mon and Wed 1700 - 2200 Beef Fajitas Buffet Salisbury Steak 1	Karaoke Night at the Sundowner Bar 2000 Bowling League Tue & Wed @ 1800 BLT Sandwich Buffet Almond Chicken 2	Ladies Night @ the Mirage 2000 Ext. 2330 French Dip Buffet BBQ Beef Ribs 3	 Hot Turkey Sandwich Buffet Teriyaki Chicken 4	OW Shef's Salad Buffet Fish & Shrimp 5	 6
NAF Children's Christmas Party @ the Mirage from 1300 - 1500 7	 Enchiladas Buffet Chicken Fried Steak 8	 Bowling League Tue & Wed @ 1800 Roast Tri Tip Buffet Italian 9	Ladies Night/Pjama Party @ the Mirage 2000 - 2330 Club Melt Buffet BBQ Beef Ribs 10	 Super Tostada Buffet Carne Asada 11	Have Christmas Party @ the Mirage 1300 - 1500 Shrimp Louie Buffet Fish & Shrimp 12	 13
Sundowner Bar New Hours 1700 - 2200 M-F 14	 Chimi Changas Buffet Build your own burger 15	 Bowling League Tue & Wed @ 1800 French Dip Buffet Pepper Steak 16	Ladies Night @ the Mirage 2000 Ext. 2330 NAF El Centro Christmas Parade @ 1700 Hot Beef Sandwich Buffet BBQ Beef Ribs 17	 California Chicken Sand Buffet Dixie Fried Chicken 18	Vieja: Home Trip call Ext. 1486 0900 Departure Cobb Salad Buffet Fish & Shrimp 19	 20
Mega Christmas Eve 21 21	Winter Wonderland Camp at Youth Center 0600 - 1700 22	Bowling League Tue & Wed @ 1800 23	Club Melt Buffet BBQ Beef Ribs 17 24	 Merry Christmas 25	 Cobb Salad Buffet Fish & Shrimp 19	 27
28	 29	Bowling League Tue & Wed @ 1800 30	New Year's Party @ the Mirage Club 1800 - 0200 31	MWR phone numbers Mirage Club 339-2330 Bowling Alley 339-2575 Fitness Center 339-2488 Gear Issue 339-2486 Cyber Cafe 339-2559 Auto Hobby Shop 339-2689		

Turkey Give a way



On Thursday November 20, members of the Imperial Valley Navy League donated 170 turkeys to Sailors at the Base Commissary.

El Centro Christmas Parade

Wed 17 at 5 p.m.



The Public Affairs Office would like to thank the following personnel for their contributions to the Sandpaper:

LT Michael O'Beirne, LT Robert Church, NC1 Pamela Jensen, YN1 Michael Martin, SK1 Robert Smeltzer, HM1 Francisco Castellano, GM2 William Donovan, Dr. Lynn Flowers, Jack Lewis, Amadou Mbodj, Dale Hunt and Tony Hunt. Their inputs have had a tremendous impact in making this publication a Chief of Information Award winning newspaper. In 2002 we received Third Place Navy wide. This year we plan to take a first place nomination. If you are interested in forming part of the Sandpaper publication email your input to carmichael.yepez@navy.mil